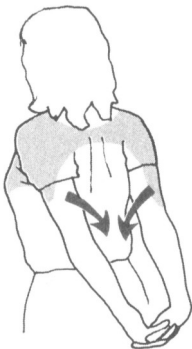


Arms, Shoulders Static Stretches

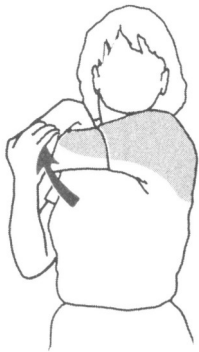
Perform each exercise and hold for 10-30 seconds on each side/each way. Remember to breath slowly and do not push yourself too far.

Chest



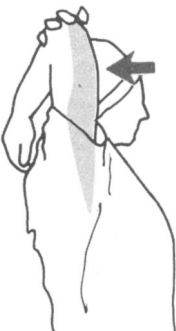
Inhale as you interlace your fingers behind your back. Exhale as you reach with your hands towards the back squeezing your shoulder blades together. Palms of your hands stay facing your body. Feel the stretch in your chest, shoulders and arms. Hold for 10-30 seconds. Repeat 2 times.

Arm Across the body



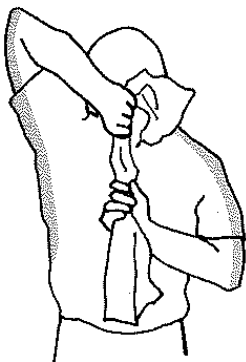
Stand with knees slightly bent. With your left hand, hold the outside of your right arm just above your elbow. Gently pull your right arm across your body toward your left shoulder until you feel a comfortable stretch in the outside of your shoulder and upper arm. Remember to draw your right shoulder toward the floor to intensify the stretch. Hold for 10-30 seconds and switch arms. Repeat 2 times.

Triceps Reach



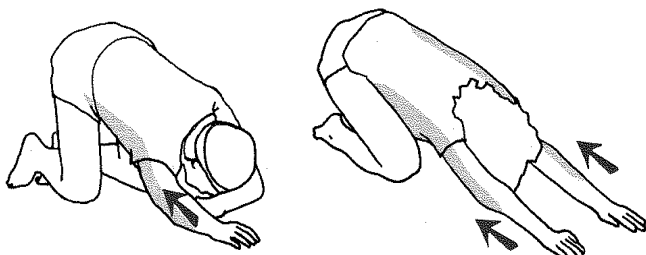
With arms overhead, hold the elbow of your right arm with your left hand. Gently pull the elbow behind your head, reaching your finger tips to the middle of your back, creating a stretch through your right triceps. Switch arms and repeat 2 times.

Back Scratch



Drop a towel behind your head. With your upper arm bent, reach up with your other arm to hold onto the end of the towel. Gradually move your hand up on the towel, pulling your upper arm downwards.

Childs Pose Reach



With legs bent under you, reach forward with your hands, then pull back with straight arms while you press down slightly with your palms.

You can do this stretch one arm at a time or both at the same time. Pulling with just one arm provides more control and isolates the stretch on either side. You should feel this in your shoulders, arms, lats or sides, upper back and even your lower back. Don't strain. Be relaxed. Hold for 15-30 seconds.